



















Second Year Term 1

August/September	October	November	December
<p>Lessons:</p> <ol style="list-style-type: none"> 1. Class Contract 2. Looking Back, Looking Forward 3. What Motivates Me? 5. Study Skills 	<p>Lessons:</p> <ol style="list-style-type: none"> 6. Making Decisions 7. Feeling Unwell 9. Accidents at Home and at School 	<p>Lessons:</p> <ol style="list-style-type: none"> 11. Family Ties 13. Diet, Oh Sugar! 14. Physical Activity 	<p>Lessons:</p> <ol style="list-style-type: none"> 15. Sleep 16. Sense of Belonging
<p>Learning outcomes: 1.5, 1.9</p>	<p>Learning outcomes: 1.6, 1.7, 2.5</p>	<p>Learning outcomes: 1.8, 1.9, 2.1</p>	<p>Learning outcomes: 2.1, 2.3</p>
<p>Statements of Learning: 11</p>	<p>Statements of Learning: 6,11</p>	<p>Statements of Learning: 11, 12, 13</p>	<p>Statements of Learning: 11</p>
<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>			
<p>Assessment: Meet the Challenge, p. 18, Information Leaflet for Incoming First Years Meet the Challenge, p. 68, 1. A Video on Study Tips</p>	<p>Lesson: 10. Respecting My Privacy – My Digital Footprint Assessment: Meet the Challenge, p. 69, 2. ‘Stay Safe Online’ Campaign</p>	<p>Lesson: 12. Stereotyping and Discrimination Assessment: Meet the Challenge, p. 102, ‘Know Your Added Sugars’ Awareness Campaign</p>	

Second Year Term 2

January	February	March
<p>Lessons:</p> <p>17. School Anti-Bullying Policy 18. Cyberbullying 19. Assertive Communication 20. The Effects of Drugs</p>	<p>Lessons:</p> <p>21. Alcohol and its Effects 22. Cannabis and its Effects 24. Peer Pressure and Other Influences</p>	<p>Lessons:</p> <p>4. Being an Adolescent 23. The Changing Nature of Friendship 25. Managing Relationships 26. Health and Personal Safety</p>
<p>Learning outcomes: 2.5, 2.6, 2.8, 2.9, 2.10, 2.11, 2.12</p>	<p>Learning outcomes: 2.5, 2.6, 3.1, 3.2, 4.7</p>	<p>Learning outcomes: 1.3, 1.4, 2.5, 3.4, 3.5, 3.9</p>
<p>Statements of Learning: 6, 11, 24</p>	<p>Statements of Learning: 5, 11</p>	<p>Statements of Learning: 5, 11</p>
<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>		
<p>Assessment: Meet the Challenge, p. 115, 'Stand Up to Bullying' Talk Meet the Challenge, p. 123, 'Your Communication Style' Quiz</p>	<p>Assessment: Meet the Challenge, p. 140, Videos on Substance Abuse</p>	<p>Lesson: 28. Sexuality, Sexual Identity and Sexual Orientation Assessment: Meet the Challenge, p. 23, 'Being a Teenager' Comic Strip; Meet the Challenge, p. 175, 2. LGBTQ+ Acceptance Campaign</p>

Second Year Term 3*

April	May
<p>Lessons: 27. From Conception to Birth 29. Self-Confidence 30. Positive and Negative Influences</p>	<p>Lessons: 31. Body Image 8. Water Safety</p>
<p>Learning outcomes: 2.2, 3.6, 4.2, 4.4, 4.5, 4.6</p>	<p>Learning outcomes: 1.6, 1.7, 3.10, 4.2, 4.8, 4.9, 4.11, 4.12, 4.13</p>
<p>Statements of Learning: 11</p>	<p>Statements of Learning: 6, 11</p>
<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>	
<p>Lesson: 32. Understanding Mental Health Assessment: Meet the Challenge, p. 199, Slideshow Presentation About Local Mental Health Services Meet the Challenge, p. 192, Positive Mental Health Badges/Wristbands</p>	<p>Lesson: 33. Building Resilience 34. The Stages of Grief Assessment: Meet the Challenge, p. 207, 'Building Resilience' Article for School Magazine Meet the Challenge, p. 215, Slideshow Presentation on the Rituals of Death</p>

*How many classes you have in each month will depend on the timing of the Easter break. You will need to adjust this scheme of work depending on the school calendar/holidays.